

BEDFORD RECREATION FALL 2014 ACTIVITIES



NEW ActiveNet recreation management at Bedford Recreation.

- NEW LOOK... SAME LOGIN
- New registration system in place for Fall; registration begins Sept. 4 at 12:00AM.
- Make sure to edit your profile to ensure accuracy! Include cell provider for text msgs.

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BEDFORD RECREATION DEPARTMENT

12 MUDGE WAY, BEDFORD MA 01730

Hours: Monday - Friday, 9:00 AM - 4:00 PM

Phone: 781-275-1392

Fax: 781-687-6156

Registration opens Sept. 4, 2014. Please note online registration opens @12:00AM

REGISTRATION INFORMATION

Waivers are required for all Recreation Department Programs

PLEASE NOTE: Online registration opens at midnight

Make sure to edit your profile! Accuracy ensures good communication and safety. Text notification available only if you provide the name of your cellular service provider.

Unless otherwise specified, Recreation Registration Procedure is as follows:

***MAIL** (check payable to "Town of Bedford," Credit Card: MC, VISA, AMEX, Discover OR Debit Card #); ***FAX** (W/MC, VISA, AMEX, Discover, Debit #); ***IN PERSON; *ONLINE.**

All registration is limited. Please use forms in this brochure. Receipts will be mailed. Wait list status will be indicated on receipts if the session you choose is full. Classes will NOT be prorated.

TO REGISTER ONLINE

www.bedfordrecreation.org, to "Register Online" link. Pay with a credit or debit card and receive an instant e-mail confirmation of enrollment (must be paid in full; deposits not accepted online unless otherwise specified). Call us if you forget your login info! **NOTE to 1st time users: account holder must be an adult**, do not set up acct. using child's name and info. You may register multiple children for multiple programs all in one transaction.

NON-RESIDENT REGISTRATION

Unless otherwise noted, there is a \$5/program non-resident fee.

REFUND/CANCELLATION PROCEDURES

1. Cancellation fee: \$10 for each program canceled before the first class. After the first class, we will also deduct for each class held. There is no refund given after the 3rd class.
2. Special Events/Activities and Field Trips: no refunds
3. Classes that are not self-supporting (due to low enrollment) will be canceled.
4. These refund policies do not apply to programs for which other refund policies are stated.

DEPARTMENT GENERAL INFORMATION

1. Recreation Office hours Monday-Friday 9-4.
2. Recorded message, website, text or e-mail will be used for cancellations.
3. Those requiring special assistance should contact the Recreation Director.
4. Classes will not be held during vacation weeks unless otherwise specified.
5. On school early release days, classes at regular times unless otherwise noted. Parents responsible for transportation.
6. If Bedford Schools are closed due to weather, Rec. programs held in schools will be canceled.
7. Financial aid may be available upon request.
8. \$25 penalty fee for all returned checks (Finance Dep't policy)
9. Transportation to Rec. programs, when provided, will be by Bedford Charter Service, unless otherwise noted.

NEIGHBORS HELPING NEIGHBORS FUND: This fund has been established to make funds available for those Bedford residents who might not be able to afford Recreation programs. If you are able to make a donation, your contribution will be greatly appreciated. Make a donation with our online registration! Just add Neighbors Fund to your cart & adjust the "Quantity" to the amount would like to donate.

KIDS' CLUB: JOIN THE FUN!!!!

Bedford Recreation KIDS' CLUB is a school age child care program licensed by the Massachusetts Office of Early Education and Care. During the school year, KC offers before school, after school, and school vacation options for children in grades K - 5. Kids' Club opens at 7:00AM and closes at 6:00PM. Transportation is provided to school (Before School Program) and from school (After School Program) by Bedford Charter.

Housed in the brick wing of the Town Center Building at 12 Mudge Way (beside the Recreation Office), KIDS' CLUB is a great place for kids to spend time when not in school. Children enjoy selecting activities from a variety of structured and unstructured options both inside and outdoors. KIDS' CLUB staff members incorporate learning in fun and relevant activities, keeping in mind the developmental needs of the children and the Massachusetts Frameworks for Education.

For more information regarding programming, fees and registration:

Nancy Cormier, KIDS' CLUB Director

Kate Farrell, Department Assistant

781-275-5427, kidsclub@bedfordma.gov

BEDFORD DAY 2014

SEPTEMBER 20, 2014



PARADE: BHS marching band and local groups and organizations turn The Great Road into a sea of color and excitement for Bedford Day! The parade route begins at the intersection of The Great Rd. and Loomis St., proceeds north on The Great Road and finishes at Mudge Way.
Parade steps off at 10:30!

FAIR: Activities, food, entertainment and friends are abundant at the annual Bedford Day Fair! The fair is held from 10:00 a.m. – 3:00 p.m. at the Town Hall complex, 10 Mudge Way.

BOARD OF HEALTH IS OFFERING FREE FLU SHOTS AND HEALTH SCREENINGS AT BEDFORD DAY:

The Bedford Board of Health is partnering with Emerson Hospital to provide free health screenings on Bedford Day. Flu shots will also be available to Bedford residents 8 years of age and older. It is important to bring ID and insurance cards. Look for us under the big white tent. For detailed information about screenings and services, please visit the Health Department website (link from www.bedfordma.gov) or call the Health Department 781 - 275 - 6507. We hope to see you at Bedford Day!

DANNY OATES MEMORIAL 5K ROAD RACE & 2.5 K FITNESS WALK:

The 20th Danny Oates Memorial 5K race and 2.5K walk will be held September 20 at the John Glenn Middle School in Bedford MA. As part of Bedford Day, the race starts at 8:30 (registration at 7:30) to make sure participants can get to the parade and fair in plenty of time.

A Kids' Fun Run will be held prior to the 5k. Sign up at 7am, and the kids run at 7:30 on the track. All kids get a medal! A tradition for the last 20 years, the Danny Oates Memorial Race, sponsored by the Frank W. Thompson Lodge, Masonic Association, was founded to pay tribute the beloved son of Robert and Judy Oates of Bedford, MA. Bob is a retired member of the Bedford Fire Department and member of various civic organizations; his son Brian currently serves as one of our local firefighters. All proceeds of the race fund the Danny Oates Memorial Scholarship. For additional information and registration please visit www.dannyoates5k.com

BEDFORD ARTS AND CRAFTS SOCIETY'S 15TH ANNUAL REGIONAL ART EXHIBIT:

The 15th Annual Regional Art Exhibit will be held in the Union Room in the Town Center Building Friday, September 19 from 8:00 a.m.—4:00 p.m. and Bedford Day, Saturday, September 20 from 10:30 a.m. to 3 p.m. Art work will be received on Thursday Sept. 18h, from 9:30am to 12:30pm. The entry fee is \$10 for BACS members and \$12 for nonmembers. Categories include watercolor, oil/acrylic, pastel, drawing, prints, sculpture/3D and photography. Art work will be hung and judged for awards on Sept. 18. Awards will be presented at 1:00 p.m. on September 20. Information about eligibility and requirements is available on the applications, which are available in the yellow Town Center Building, the COA, Town Hall and the Bedford Public Library.

FRIENDS OF THE BEDFORD PUBLIC LIBRARY BOOK SALE: September 19-21 (Friday 1-5 pm, Saturday 10-4 pm, Sunday 1-4 pm). The sale will be at the Library in both the meeting room and the Friends Room. Plenty of great books, DVD's, music cd's and audio books for the whole family!

BEDFORD DAY SEVERE STORM INFORMATION

The Town of Bedford Bedford Day Fair and Parade are held rain or shine. If we encounter weather that is severe and threatens the safety of participants, the events will be postponed to Saturday, September 27. The decision to postpone would be made by 7:00 a.m. on September 20 and the information would be posted on the Town website (www.bedfordma.gov) and recorded on the Recreation Department answering announcement (781-275-1392).

The Severe Storm date applies to the Bedford Day Fair and Parade Only! The Road Race, Book Sale and Art Exhibit will be held rain or shine.

***Avoid the parking crunch... ride your bike to Bedford Day!
The Bicycle Advisory Committee will provide free and secure on-site bike parking***

FAMILY EVENTS AND TICKETS

TALES AND TOMBSTONES SALEM TROLLEY TOUR

Saturday, October 18 at 7:00pm

Get ready for some scary Halloween fun! We have chartered an entire Trolley for Bedford Recreation. Dusk transforms the city of Salem. As the city of renown seafarers and distinguished architecture fades into the shadows, a new Salem emerges. Hear tales of ghosts, both (mischievous and malevolent), Salem's haunted hotels and restaurants, long forgotten underground passageways, ancient curses and legends of ghost ships and haunted islands. You will experience all of this and more as you ride the Salem Trolley's Tales & Tombstones Tour and explore Salem of the Shadows. *This tour may not be appropriate for younger children.* See the website for more details, parking, directions at www.salemtrolley.com. Please arrive early enough to find parking during the busy time of year in Salem. There are no refunds for these tickets unless we can re-sell them. Only 30 tickets available. Arrive by 6:30pm at the Salem Trolley Office, 8 Central Street, Salem, MA. Tour is approximately 1 hour long. Your receipt will be your ticket to the Trolley. **Saturday, Oct. 17, 7:00pm** prompt departure time. **Ticket prices:** Adult \$22 (age 16 -adult) Child \$13 (age 6-15)

CAPE ANN WHALE WATCH TICKETS

No expiration!

Whale watching is a fun, family-friendly activity and you may purchase tickets at the Recreation Office. Once you have the tickets, visit www.SeeTheWhales.com, choose your date/time options and make a reservation at 1-800-877-5110. More information and directions can be found on the website. The Whaling season runs from April through October. Cape Ann Whale Watch is at Rose's Wharf in Gloucester. Pick up tickets at the Recreation Office. Tickets non-refundable. (Not valid for Saturday, 1:30 trips June 28 thru Labor Day). **Tickets: \$25 each (reg. \$48 adults/\$33 children)**

DISCOUNT MOVIE TICKETS

Why pay full price at the box office? Tickets purchased at Bedford Rec. cost \$8.50 (regular price \$10.50). They do not expire and they can be used at all AMC/Lowes Theaters. New "Gold" tickets do not have any restrictions.

FRIENDS AND FAMILY CPR w/ Anita Anzuoni, RN

This course is an ideal basic CPR course for people who want to learn CPR, but do not need a course completion card for their jobs. Includes adult hands only, children and infant CPR and adult AED (automatic defibrillator). Please bring a small blanket or towel for kneeling. (Age 12+) Optional manual available at class for a fee of \$5 payable to instructor. Class held in the Bedford Police Station Conference Rm.

Sunday, Oct. 19, 2:00-4:00pm. (min 4/max 16).

Fee: \$30

TREE LIGHTING

The Town of Bedford's Annual Holiday Tree Lighting Event will take place in early December.
The date will be announced on www.bedfordrecreation.org



BHS ATHLETICS... FALL FUN FOR THE FAMILY!

Boys Soccer Girls Soccer Football Field Hockey Co-Ed Golf
Competitive Cheerleading Boys and Girls Cross Country Girls Volleyball

Game Schedules: http://www.dualcountyleague.org/g5-bin/client.cgi?G5genie=241&school_id=2

Athletic Department Contacts:

[Keith Mangan](#) Director of Athletics 781-275-1700 x1110; [Amanda Rabesa](#) - Secretary x1110 /Athletic Trainer x1610

ADULT PROGRAMS

REGISTRATION FOR ADULT CLASSES OPENS SEPT. 4



12 Mudge Way

ADULT CLASSES
PERSONAL INTEREST
CREATIVE CLASSES
EXERCISE, FITNESS, DANCE
SPORTS & OUTDOOR ADVENTURE

Many Recreation Programs are held at **12 Mudge Way**, the building above. It is in the municipal complex off of Great Road, behind the Police Station.

Information such as the **directions** to an off-site activity, **materials lists** and **Instructor Biography** information is available on the website if you would like to learn more about the people teaching our classes (www.bedfordrecreation.org)

SPECIAL GIFT IDEA!

Adult classes and programs make great gifts for holidays and special occasions. Buy someone a unique, thoughtful gift this season... purchase a Bedford Recreation class or event perfectly suited for that special someone. We will provide a certificate to present to the gift recipient.

PERSONAL INTEREST CLASSES & WORKSHOPS

LEARN TO PRESERVE THE HARVEST: CANNING WORKSHOP w/ Peggy Corbett, Peg's Preserves

This seminar will include basic canning for everyone and it will also touch on more advanced problems involved with canning. Peggy will be able to answer questions on both water bath and pressure canning. Although no canning will be done in class, there will be examples and recipes for you. This seminar is for both new canners and for those who have canned before. If you have a product that you have canned and have questions, please feel free to bring it along. Peggy Corbett from Peg's Preserves is a competitive canner and enjoys canning jams, jellies, pickles, relishes, peaches, pears, applesauce, salsas, tomatoes, pickled eggs, green beans and corn. Age 15+ (min 7/max 25)

Monday, September 22, 6:30-8:30pm. Class held at 12 Mudge Way, Rm 139.

Fee: \$25

IntoGreat 101: How To Get To Happy and Stay There w/ Nancy Griffiths

Are you happy? Truly happy ... with your job? with your relationships? Have you ever wanted to lose weight? Maybe you have lost weight before and the pounds have crept back on (and then some). Maybe you just want to feel passionate about something ... about your life ... about yourself. Join us in an exploratory discussion about why our happiness is so often temporary and elusive. We will help you determine what areas in your life you may be self sabotaging and give you insights and tools to improve. Then watch your life transform: the healthy body will stay healthy, the meaningful relationships will come to you, your job will become more satisfying, and most important ... you will experience true happiness. Nancy Griffiths, founder of IntoGreat and Kamate Fitness understands that there is more to you than meets the eye. With more than 25 years experience and observations in the wellness industry, Mrs. Griffiths will mentor and motivate you to jump into life with vigor and enthusiasm. (min 4/ max 10) Class held at 12 Mudge Way, Rm 139.

Wednesday, Sept. 17, 6:30—8:30pm or **Thursday**, Sept. 18, 9:30-11:30am.

Fee: \$25

WHAT EVERY ELEMENTARY SCHOOL PARENT SHOULD KNOW w/ Renae Nichols, M.ED

Why is the elementary curriculum and instruction so different from the way it was when I was in school? What do I do if my child says the work is too easy or too hard? Should I help my child with his homework? What do these test scores mean? How can I help my child become more responsible and independent? When is the right time to discuss my child's progress? This seminar is designed to answer these questions and many more regarding the development and learning that take place in today's elementary school classrooms. Bring your questions. I'll have answers.

Wednesday, Oct. 15, 7:00-9:00pm. (min 4/max 15) Class held at 12 Mudge Way, Rm 151.

Fee: \$20

ADULT PROGRAMS

HEARTSAVER CPR/AED (Adult and Pediatric) w/ Anita Anzuoni, RN

This class is designed for non-medical workers, child care providers and members of the general public. It includes adult/child/infant techniques for CPR, choking and AED (automatic defibrillator). Skills are taught in a dynamic small group environment using American Heart Association research and proven techniques. The course provides students hands on CPR practice using the industry's best manikins. Participants will receive a course completion card certifying skills for 2 years. Please bring self-addressed stamped envelope and a small blanket or towel for kneeling. Optional manual available at class for a fee of \$15 payable to instructor. Class held in the Bedford Police Station Conference Rm. (Age 14+)

Sunday, Oct. 19, 4:30-7:30pm, (min 4/max 9)

Fee: \$45

FRIENDS AND FAMILY CPR w/ Anita Anzuoni, RN

This course is an ideal basic CPR course for people who want to learn CPR, but do not need a course completion card for their jobs. Includes adult hands only, children and infant CPR and adult AED (automatic defibrillator). Please bring a small blanket or towel for kneeling. (Age 12+) Optional manual available at class for a fee of \$5 payable to instructor. Class held in the Bedford Police Station Conference Rm.

Sunday, Oct. 19, 2:00-4:00pm. (min 4/max 16).

Fee: \$30

DINNER AGAINST THE CLOCK — Classic Quick Meal w/ Jeannette Pothier, Professional Chef

Madeleine Kamman wrote a book by this name, *Dinner Against The Clock* and the recipes are very quick, yet involve learning techniques you apply every day. The meals are simple, yet delicious. Learn how to poach chicken breasts, make a colorful pepper cream sauce and pilaf, and serve it with an assortment of fall vegetables and a whipped fruit dessert. Bring an apron and your knives. We will discuss menu planning for the weekday meals. Plus material cost of \$10; please pay instructor the materials fee that night. (min 5 / max 10)

Tuesday, Sept. 23, 6:30 to 9:00pm. Class held at 12 Mudge Way, Shawsheen Rm.

Fee: \$30

COOKING IN THE ZONE w/ Jeannette Pothier, Professional Chef

The first book by Dr. Barry Sears, called *The Zone*, was very controversial and although it stressed healthy eating, folks were not convinced. Jeannette was, however, since she wrote the recipes for the book. This class is what to eat, or not to eat for a truly healthy lifestyle. Is fat the enemy? Maybe not. Learn cooking techniques, and enjoy an appetizer, Chicken Cordon Bleu, Vegetable Pasta, and a Chocolate Silk Pie. Of course if time permits, we will also make a salad. Bring an apron and your knives and be ready to eat a good meal with new friends.

Plus material cost of \$10; please pay instructor the materials fee that night. (min 5 / max 10)

Tuesday, Oct. 28, 6:30 to 9:00pm. Class held at 12 Mudge Way, Shawsheen Rm.

Fee: \$30

EASY PIE MAKING w/ Jeannette Pothier, Professional Chef

Jeannette earned her professional Chef degree and Culinary Arts Teaching diploma from Madeleine Kamman, of Modern Gourmet and taught Classic French foods, including French baking and has been teaching for a number of years. But, pie making is one of the fun classes she enjoys sharing with the students. Have you tried making a basic pastry crust – but decided to buy your crust or even your pies? Learn the technique of a truly fool proof crust for use in sweet or savory pies. You will learn how to make an apple pie and we will bake it for you to taste. Everyone will then make and take home an apple pie made during class. These freeze well. We will discuss flours, fats and different recipes. Tins and freezer boxes will be provided. Bring a paring knife, rolling pin, apron, and get ready for a fun class. Plus material cost of \$8; please pay instructor the materials fee that night. (min 5 / max 10)

Monday, Nov. 10, 6:30 to 9:00pm. Class held at 12 Mudge Way, Shawsheen Rm.

Fee: \$25

CLASSIC FRENCH DINNER w/ Jeannette Pothier, Professional Chef

The best-selling book *French Women Don't Get Fat* hit a chord several years ago. How can a nation with such fantastic cuisine manage to stay so slim? Americans' weight problems, claims the author, have a lot to do with the lack of connection that we have with the food we prepare and eat. Come spend the evenings enjoying the fine art of preparing and savoring simple French dishes made with fresh and healthy ingredients - French breads; Steak Diane, Rice Pilaf, French Style Green Beans with Mushrooms, and a Chocolate Delight dessert. Along the way, we will practice knife skills, and French cooking techniques. Dinner planning to make your holiday easier will be discussed. Bring an apron and your knives and come for the fun. Plus material cost of \$10; please pay instructor the materials fee that night. (min 5 / max 10)

Tuesday, Dec. 2, 6:30 to 9:00pm. Class held at 12 Mudge Way, Shawsheen Rm.

Fee: \$30

ADULT PROGRAMS

FASHIONING FILLO FROM SCRATCH w/ Pam Kanavos, Pastry Chef

Make and stretch phyllo dough from scratch using the dowel technique taught by the instructor's Greek grandmother. Use the Fillo and make a Greek Spanakopita (Spinach Pie). Please bring an apron, rolling pin, knife (any size you are comfortable using) and a large cutting board. Plus material cost of \$16; please pay instructor the materials fee that night. (min 6 / max 10)

Monday, Oct. 6, 6:30 to 9:00pm. Class held at 12 Mudge Way, Shawsheen Rm.

Fee: \$30

BREAD 101 w/ Pam Kanavos, Pastry Chef

It's true that there is a science to baking, but that does not mean that you have to be a scientist to make delicious breads at home. We will simplify and demystify the steps of measuring, mixing, shaping, proofing and baking so you'll feel at ease with the prospect of making breads in your own kitchen. You will be introduced to the simplest forms of bread with a variety of flavors. From sandwich loaves to dinner rolls and lots in between, there's no limit to the versatility bread can offer in your kitchen and baking repertoire. Menu will include Classis White, Gruyere Chives Bread, Butterflake Rolls and Cinnamon Raisin Bread...plus cheese will be served. Please bring an apron, rolling pin and container to take home samples. Plus material cost of \$8; please pay instructor the materials fee that night. (min 6 / max 10)

Monday, Nov. 17, 6:30 to 9:30pm. Class held at 12 Mudge Way, Shawsheen Rm. (min 6 / max 10) **Fee: \$35**

GLUTEN-FREE COOKING CLASS w/ Amy Borshay- Bokser, Private Chef

Learn some great gluten-free recipes that are wonderful for both kids and adults. This class will incorporate 2 main dishes, 2 vegetable side dishes, and dessert/snack. Recipes that you will learn are: Roasted Vegetable Lasagna, Millet and Brown Rice Patties over Arugula with Shallot Mustard Sauce. Slow Cooked Root Vegetables with Tahini Lemon Sauce, Sea Vegetable Dish, and a versatile dessert/snack "Cookie Dough" Protein Balls. Amy has been trained in Macrobiotic Cooking- a diet based on whole grains and vegetables. Plus material cost of \$15; please pay instructor the materials fee that night. Please bring pen and note paper, this is less hands on and more demonstrative class. (min 6 / max 15)

Monday, Nov. 3, 6:30 to 8:30pm. Class held at 12 Mudge Way, Shawsheen Rm.

Fee: \$30

HEALTHY EATING FOR EVERYDAY LIVING w/ Danielle Beck, MSN, RN, NP-C

Are you determined to get your health on track, but frustrated about how and where to begin this journey? Are you motivated to start feeling like your best you, but overwhelmed by all of the confusing information that exists out there? Are you eager to kick off a newer, healthier lifestyle, but tired of trying to weed through endless lists of popular fad diets? This is an interactive and practical presentation designed to help people just like you take control of their bodies, their health, and their lives. You will learn about the types of foods the body needs, how the body uses those foods, how to work them into your daily diet, what to look for on food labels, and so much more. (min 3 / max 15) **Fee: \$25**

Thursday, Sept. 25, 9:30-11:00am or Wednesday, Oct. 1, 7:00-8:30pm. Class held at 12 Mudge Way, Rm 139.

SUGAR: THE GOOD, THE BAD AND THE UGLY w/ Danielle Beck, MSN, RN, NP-C

Does the topic of sugar confuse you? Do you know what type of sugar is best for your body? Do you find yourself wondering what is considered "good" vs "bad" sugar? Do you know what you should be looking for on food labels when it comes to sugars? How much sugar does your body really need? This presentation is designed to educate consumers about sugar and help eliminate much of the confusion that surrounds sugar. It is especially beneficial for anyone who is health conscious, active, and/or trying to make positive lifestyle changes. (min 3 / max 15) **Fee: \$25**

Wednesday, Oct. 15, 7:00-8:30pm. Class held at 12 Mudge Way, Rm 139.

THE TRUTH ABOUT FATS & PROTEINS w/ Danielle Beck, MSN, RN, NP-C

Are ALL fats bad for you? How do you know what is a good and bad fat? Why is protein so important? Confused about the different types of proteins? Wondering what is the best kind of protein to have in your protein shake? This presentation addresses the many misconceptions surrounding fats and proteins. You will learn why the body needs fats and proteins, how the body uses fats and proteins, about the different types of proteins and when to use them, how to use fats and proteins in a daily diet, and much more! (min 3 / max 15) **Fee:**

\$25

Wednesday, Oct. 29, 7:00-8:30pm. Class held at 12 Mudge Way, Rm 139.

ADULT PROGRAMS

OrganizingWORKS! w/ Karen Kenney

Do you procrastinate about getting organized? Causing more chaos? How do you envision your home? What about your spouse or children? How much is too much? Do you have too much? Are you a shopaholic? Does it cause your disorganization? Learn some strategies to help get organized and stay organized and determine how to get rid of the "stuff you no longer want or need." You just have to commit to doing the work! Second night, we will sort your junk mail. Please bring in one brown bag of your junk mail that is causing you trouble. We will sort, organize and label it. You will go home with a file box –set up and ready to use. We will talk about time management tools that can work for you. We will also address how to be ready for the upcoming "holiday season" that tends to bring along unwanted stuff and gifts of every shape and size. You will receive Karen's DVD called "The Organizing Cheerleader."

Mondays, 9/29 and 10/6 (2 wks), 7:00-9:00pm. Class held at 12 Mudge Way, Rm. 139. (min 3/ max 10)

Fee: \$30

BASICS OF PERSONAL FINANCE AND INVESTING

w/ David Chwalek, Senes & Chwalek Financial Advisors

This practical one-night course is designed for people in their 20's and 30's or for anyone else who wants to begin learning how to take control of their financial lives. We will discuss setting goals, building your financial plan, budgeting and buying your first home. We will also cover some important financial concepts, various types of investments and retirement plans like IRAs and 401(k) plans. (min 3/max 25) Class held at 12 Mudge Way, Rm. 139

Thursday, Oct. 9, 7:00-9:00pm.

\$10 Rec. Dept' adm. fee per person/couple.

YOU CAN AFFORD COLLEGE IF... w/ Dick Man, College Funding Advisors, Inc of Bedford

...you PLAN in advance, you UNDERSTAND the financial aid process and you ACT early enough to be successful. Financial Aid goes to the families that plan in advance - ideally before December 31st of the child's sophomore year of high school. This course will teach you the concepts and strategies that will help you maximize your financial aid by understanding the process. You will learn why implementing strategies may increase a family's eligibility even if you have a "high income" or own a business. Procrastination equals less financial aid. All schools are not alike, so it is important to know your options and opportunities. A free financial aid analysis will be available to all attendees. For more information visit the website at www.collegefundingadvisors.com. (min 5/max 25)

Tuesday, Sept. 30 , 7:00-9:00pm. Class held at 12 Mudge Way, Flint Room.

Fee: \$10 per family

CREATIVE CLASSES

CHARCOAL AND PASTEL STUDIO CLASS w/ artist Alma Bella Solis

Students will produce their own composition using either charcoal pencils/chalks or dry pastels chalks/pencils. Subjects will range from still life to human figures. Drawing methods in outline, contour, shading, blending, detailing are taught using perspective, proportion and following the ten offices of the eye. The instructor uses the three guiding rules in producing good art: accurate observation, emotional power and the art subject standing for all humanity. Students should bring their own choice of subject matter to the first class. Materials list provided on our website or in the office. (age 15+)

Fridays, 4:00-6:00pm, 9/19-10/17, 5wks, (min 4/max 7) Class held at 12 Mudge Way, Flint Rm.

Fee: \$115

HAND CRAFTED SOAPS AND SUGAR SCRUBS w/ Melissa Skorupka

It only takes a few hours to create a batch of luxury, moisturizing soap and set it up in a mold and we will do this the first night. The second night we will cut the soaps up to take home. The bars will be cured and ready to use in 2-4 weeks. Age 16+ Material prices, payable at the class: Unscented: \$30 for 5 lbs or \$1.50 per 4 oz bar. Scented: \$35 for 5 lbs or \$1.75 per 4 oz bar. The second night, make Spa quality Sugar Scrubs that exfoliate the skin. Scrubs invigorate the body and create smoother and softer skin. Material price, payable at class: \$2.50 per 4 oz jar or \$1.25 if using own jar. (min 4/ max 12) Age 16+ Please dress for a mess the first night to work with caustic lye. Class held at 12 Mudge Way, Rm 139.

Thursdays, Nov. 6 and Nov. 13, 7:00-8:30pm (end time may be later if need be)

Fee: \$60

JUST EARRINGS w/ Melissa Skorupka

You will learn techniques to make drop, dangle, and chandelier earrings using glass beads, Swarovski crystals, and cultured freshwater pearls. You will also learn how to make beaded hoops and cable hoops. You will leave class with at least 5 pairs of earrings. Additional materials may be purchased from the instructor to make kits at home. Age 16+, age 13-15 w/ an adult.

Thursday, Oct. 16, 6:30-9:00pm (min 4/ max 8) Class held in The Town Center Bldg., Rm 139.

Fee: \$60

ADULT PROGRAMS

EXERCISE, FITNESS AND DANCE

HATHA YOGA w/ Bonnie McCulloch

Are you new to yoga or just looking to stretch and strengthen your body and quiet your mind? This class consists of centering, warm-ups, performing basic postures, breathing techniques and periods of deep relaxation. Bonnie McCulloch is a certified Hatha yoga teacher who believes that the practice of yoga is beneficial to people of all fitness levels. In each class, Bonnie offers modifications and advanced forms of the yoga postures practiced. Bring a yoga mat/water bottle.

Age 15+ (min 6/max 15)

Monday 7:00-8:00pm 9/15-12/1 (11wks, no class 10/13) Class held 12 Mudge Way, Union Rm. **Fee: \$137**

Tuesday 9:30-10:30am 9/16-12/2 (11wks, no class 11/11) Class held 12 Mudge Way, Union Rm. **Fee: \$137**

Wednesday 7:00-8:00pm 9/17-12/3 (11wks, no class 11/26) Class held 12 Mudge Way, Union Rm. **Fee: \$137**

Friday 9:30-10:30am 9/19-12/5 (11wks, no class 11/28) Class held 12 Mudge Way, Rm. 153 **Fee: \$137**

Free Trial Class: Mon. 9/8, 7:00pm. Or Tues. 9/9, 9:30am. Please register online or call; location TBD.

NIA CLASS w/ Joan Turnberg

Nia is a fabulous fusion of dance, martial arts and yoga designed for all levels. Nia delivers an invigorating cardio workout while developing strength, balance, flexibility, agility, mobility, body awareness and relaxation. Please bring water bottle, yoga mat or thick towel. Contact joan@live-life-well.com for more info. All classes held at 12 Mudge Way, Union Rm.

(Min 9/max 20) Age 15+

Monday 9:30-10:30am 9/8-12/15 (no class 9/15, 10/13) 13 wks **Fee: \$130**

Wednesday 9:30-10:30am 9/10-12/17 (no class 9/17) 14 wks **Fee: \$140**

Thursday 6:30-7:30pm 9/11-12/18 (no class 9/18, 11/27) 13 wks **Fee: \$130**

Free Trial Classes: Wed. 9/3, 9:30am and Thurs. 9/4, 6:30pm Please register online or call.

ZUMBA® DANCE-FITNESS w/ Sharon Pugatch

Get fit, have fun and leave the world behind. Zumba Fitness is a Latin- inspired, dance-fitness program that blends red- hot international music, created by Grammy Award-winning producers and contagious steps to form a "fitness-party" that is downright addictive. This is a one hour calorie-burning, body-energizing work out – meant to engage your whole body while having fun. The routines are designed to give you interval training by combining fast and slow rhythms that tone and sculpt your body while burning fat. No dance experience necessary; all fitness levels welcome. (min 7/max 25)

Please wear comfortable clothes and sneakers, bring water and a towel. More info: <http://sharonpugatch.Zumba.com>

Age 16+/age 13+ with a parent. If you miss a class, you may take another Zumba class with Sharon during the week.

Mon. 11:00-12:00am, 9/15 - 12/8 (no class 10/13) 12wks. Class held at 12 Mudge Way, Union Room. **Fee: \$138**

Mon. 6:10-7:10pm, 9/15 - 12/8 (no class 10/13) 12wks. Class held in the High School Dance Studio. **Fee: \$138**

Wed. 6:10– 7:10pm, 9/17– 12/10 (no class 11/26) 12wks. Class held in the High School Dance Studio. **Fee: \$138**

ZUMBA® w/ Renae Nichols

Forget about the workout! Join the Zumba® Fitness Dance Party where you'll get down and feel great in a fun and safe environment. Zumba® is designed for adults of all ages and fitness levels. It's not about getting every step right, it's all about getting our hearts pumping and keeping our bodies healthy with a mix of smiles, laughter and perhaps a bit of whooping. So come to Zumba® and party yourself into shape. (min 6/ max25)

Thurs. 9:30-10:30am, 9/11—12/11 (no class 11/27). 13wks. Class held at 12 Mudge Way, Union Rm. **Fee: \$138**

Sept. 18 class will be held in Room 153.

Free Trial Class: Thursday. 9/4, 9:30am. Please register online or call. Returning students welcome to attend.

BEGINNER REFORMER PILATES w/ Kristin Kelly, Anita Bunn and Rachel Goransson

A fun, introductory session to learn the basics of Reformer Pilates. Classes are performed on the Reformer, resistance exercise equipment invented by Joseph Pilates. It consists of a platform that moves back and forth along a carriage. Resistance is provided by the exerciser's body weight and by springs attached to the carriage and platform. Pilates promotes long, lean muscles, better posture and a strong supportive core; it benefits all shapes and sizes. Come see why Pilates is so wonderful. Please wear comfortable exercise clothing and bring water. (min. 1/max 4) Classes held at My Pilates and More Studio, 18 North Road. 6wks

Fee: \$90 each option

Mon. 9:30-10:20am, 9/15-10/27 (no class 10/13) w/ Kristin

Tues. 5:30-6:20pm, 9/16-10/21 w/ Rachel

Thurs. 9:30-10:20am, 9/18-10/23 w/ Kristin

Fri. 9:30-10:20am, 9/19-10/24 w/ Anita

ADULT PROGRAMS

BODYJAM ~ BODYPUMP ~ BODYFLOW

w/ Nancy Griffiths of Kamate Fitness and her team of LesMills certified instructors

BODYJAM™ This workout combines the addictive fusion of the latest dance moves and hip new sounds. No previous dance experience required; choreography is layered and simple. Instructors coach style, direction and attitude to motivate participants to perform at their best while burning fat, improving coordination, and expressing themselves. Please bring towel, water and sneakers. Age 15+.

BODYPUMP™ This original barbell workout strengthens and tones your entire body and challenges the major muscle groups by using weight-room exercises such as squats, presses, lifts and curls. The simplicity of the class makes a great starting point for developing strength and confidence. Uplifting music synchronized with the exercises motivates participants through the workout. Please bring mat, towel and water. Age 15+

BODYFLOW™ This workout builds flexibility while strengthening and toning muscle groups. A focus on controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music using a blend of Pilates, Tai Chi and Yoga create a holistic workout that brings the body into a state of harmony and balance.

For more information visit website: www.kamatefitness.com

BODYJAM:	Time:	Location:
Tuesday	7:00 – 8:00pm	Gym D (11/11 at Callahans)
Thursday	7:00 – 8:00pm	Gym D (no class 11/27)
Friday	9:20- 10:20am	Union (no class 11/28)
Saturday	10:15-11:15am	Callahans (no class 9/20)
BODYPUMP:		
Monday	9:20-10:20am	Callahans (no class 10/13)
Monday	6:30-7:30pm	Callahans
Wednesday	9:20-10:20am	Callahans
Wednesday	6:30-7:30pm	Callahans
Saturday	8:00-9:00am	Callahans (no class 9/20)
Saturday	9:00-10:00am	Callahans (no class 9/20)
BODYFLOW:		
Wednesday	7:30-8:30pm	Callahans
Thursday	9:20-10:20am	Callahans (no 11/27)
Sunday	10:00-11:00am	Callahans
Annual GravyBuster Open House Event: Sat. Nov. 29		
See the Kamate website for details.		

Fall Session: 9/6– 12/23 (16wks)

FEES:

- BodyJam only: **\$225**
- BodyFlow only: **\$210**
- BodyPump only: **\$250**
- BodyJam & BodyPump: **\$275**
- BodyJam & BodyFlow: **\$260**
- BodyPump & BodyFlow: **\$270**
- Pump/Jam/Flow **\$290**

Attend Unlimited classes per week.
Come try out a class for free!

Class locations:

Union Room: 12 Mudge Way
Callahan's Karate Studio address: 20 North Rd.
Gym D: Bedford High School behind Main Gym

CO-ED OUTDOOR BOOTCAMP w/ Sandy Morvillo

Join the program everyone is talking about! Work toward a fitter, leaner, stronger and, most importantly, healthier you! What better way to begin a fitness program or up the ante on the one you already have in a supportive, non-threatening class environment. We will be running, jumping, doing push-ups, agility drills, obstacle course and many other fun but challenging activities. It's go time! Sneakers, outdoor workout attire and water a must. Sneakers, outdoor workout attire and water a must. Classes will be held rain or shine.

Meet at the High School Track (location may change depending on field schedule) Age 15+

Sat. 7:30-8:30am, 9/6-11/8, 10wks (min10/ max50)

Fee: \$115

BEGINNER - INTERMEDIATE TAI CHI w/ Bob Cormier, Oriental Healing Arts

Tai chi is an ancient Chinese martial art, an excellent form of exercise and meditation in motion. Seemingly effortless movements are executed in a smooth, flowing and non-strenuous manner promoting awareness, health and longevity. Strengthen the immune system by increasing strength and flexibility and balancing energy. Improve physical health and reduce stress. Learn Chigong routines and the Modified Yang Style Short Form in a format that is friendly and safe. Bring water and wear loose, comfortable clothing. Age 16+ (min 5/max 14) 10 wks. Class in Rm.153, 12 Mudge Way. *Free Trial Class:* Wed. 9/10, 6:30-7:30pm (register online or call)

Wed. 6:30-7:30pm, 9/17-12/10 (no class 11/26) 12 wks

Fee: \$132

ADULT PROGRAMS

AQUA ZUMBA® at the Atlantis Club at the DoubleTree Hotel Indoor Pool

Known as the Zumba® "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Don't be fooled, this is not your normal aqua class. You will be moving your bodies for 60 minutes against the resistance of water and to the rhythmic sounds of Latin dance tunes. You can really feel the muscles working against the aqua resistance. Exercise movements include hamstring curls, Zumba shuffle, kicking, twisting and clapping. (min. 2/max. 10)

Mon. 9:30-10:30am, 9/15-12/15 (14 wks)

Fee: \$160

Tues. 6:00-7:00pm, 9/16-12/16 (14 wks)

Fee: \$160

Thurs. 6:00-7:00pm, 9/11-12/18 (no class 11/27) 14 wks

Fee: \$160

Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tnpk. Park in back of hotel for Club entrance.

AQUA AEROBICS Atlantis Club at the DoubleTree Hotel Indoor Pool

The intensity of the water aerobics class is determined by how hard you decide to work. This shallow water workout includes calisthenics style movements with variations of upper and lower body resistive moves. Participants march, jog, and ski through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. Instructors keep the pace moving and the activities engaging for all experience levels. Participants manipulate the water to create the preferred level of intensity. (min 2/ max10)

Tues. (Beginner level) 9:00-10:00am, 9/16-12/16 (14 wks)

Fee: \$160

Thurs. (Intermediate level) 9:00-10:00am, 9/11-12/18 (no class 11/27) 14 wks

Fee: \$160

Class held in the indoor pool at the DoubleTree Hotel, 44 Middlesex Tpk. Park in back of hotel for Club entrance.

RESTORATIVE YOGA w/ Shannon O'Haverty, Serenity Yoga

A deeply relaxing and therapeutic class suitable for all levels, including absolute beginners. In Restorative Yoga, we use bolsters, blankets, straps, blocks, and other props galore to support every nook and cranny of the body in a variety of still positions. By supporting the physical self, we create an environment that permits the nervous and other internal systems to 'power down' and recharge. Breath practice and relaxation techniques are woven into the sequences, making this a perfect class to wind down your weekend and summon your resources for the week ahead. (min 3/ max 10)

Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Ages 15+. Under age 18 requires Serenity parental permission form filled out prior to the start of class. Please provide an email address when registering.

Sun. 5:00-6:00pm, 9/14-12/7 (12 wks, no class 10/12)

Fee: \$150

ENERGIZE YOUR DAY w/ Rebecca Kraemer, Serenity Yoga

Greet the day with sweet movement and build your energy with this reviving practice. A perfect way to center and reconnect with your body and mind for a fresh start! This moderately challenging practice will get you loosened up and then work to build prana (energy) and strength. Classes will include a period of pranayama (breath work) and meditation, and a variety of asanas (poses) will be explored catered to the desires of the class. Recommended for students with at least 3-6 months experience. Come join us to start the day right! (min 3/ max 15)

Class held at Serenity Yoga Center, 363 Great Rd. Suite 201. Please provide an email address when registering.

Tues. 6:00-7:00am, 9/16-12/9 (13 wks)

Fee: \$162

PILATES / YOGA FUSION CLASS w/ Dawn George, Attitudes Dance and Fitness

A perfect blend of Pilates and Yoga to get your Saturday mornings off to a great start. Pilates mat classes are a series of fluid floor work exercises designed to develop strong core, improve flexibility and increase agility. Yoga can be as much or as little as you want it to be. It can be a purely physical pursuit, keeping your body toned, strong and flexible. It is also a mindset and a way of living. All fitness levels welcome! Please wear loose clothing, clean sneakers (no street shoes). Mats provided. Please wear loose clothing and bring a towel and water. (max 5).

Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Sat. 10:15-11:00am, 9/20-11/22 (10wks)

Fee: \$110

ADULT PROGRAMS

STRETCH AND TONE FOR WOMEN w/ Monique Dorian, Attitudes Dance and Fitness

Develop strength and flexibility, improve coordination, muscle tone, posture, body alignment and relieve stress with conditioning exercises, stretching and strengthening techniques designed to lengthen muscles for lean toning. This class is excellent for keeping healthy during the cold winter months. It incorporates elements of Pilates, Feldenkrais, Isotonics, and release techniques. Mats provided. All fitness levels welcome! Bring towel/water (street shoes not permitted). Max 5

Wed. 7:00-8:00pm, 9/17-11/19 (10 wks)

Fee: \$110

Classes held at Attitudes Dance, 54 Middlesex Tpke, Door C.

INTERMEDIATE BALLET w/ Dawn George, Attitudes Dance and Fitness

The traditional technique of classical ballet has developed over centuries. Taught through structured exercises at the barre and center, it is the foundation for all forms of dance encouraging students to increase focus, body awareness, balance, coordination, control and concentration while building a graceful and healthy body with good posture. Please wear loose clothing and ballet slippers or socks. Appropriate for the intermediate student with some previous experience.

Fri. 10:30-12:00pm, 9/19-11/21 (10wks) (max 5)

Fee: \$110

Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

CARDIO BARRE BLAST w/ Monique Dorian and Dawn George, Attitudes Dance and Fitness

A high energy, no impact fitness class that combines work at the ballet barre with light weights to give you a continuous fat burning class. Toning and resistance exercises for the glutes, legs, torso and arms will sculpt your muscles and elongate the appearance of your body to get you the body you've ALWAYS wanted! Please bring a towel, water and wear comfortable clothes and sneakers. Street shoes are not permitted in the studios. Age 15+. All levels welcome!

Tues. 8:00-9:00pm, 9/16-11/18 (10 wks)

Fee: \$110

Wed. 8:00-9:00pm, 9/17-11/19 (10 wks)

Fee: \$110

Held at Attitudes Dance, 54 Middlesex Tpke, Door C. (max 6)

BALLROOM BASICS w/ Angelica Potter, Attitudes Dance and Fitness

A beginner's class for adults that will focus on the basics of a variety of ballroom dance styles including: Foxtrot, Waltz, Rumba and Merengue. We may also include Cha Cha, Tango and East Coast Swing. Each week will include a review of the previous week so if you miss a class, not to worry! This class is a great introduction for newcomers as well as a nice review for those that have been away from the dance floor for awhile. Please bring comfortable shoes. Street shoes are not permitted in the dance studios. Age 18+. Beginner level. (max 10)

Thurs. 8:15-9:15pm, 9/18 - 11/20 (10 wks) Held at Attitudes Dance, 54 Middlesex Tpke, Door C.

Fee: \$110

SPORT AND OUTDOOR ADVENTURES

ARCHERY w/ Mark Pirrello, On The Mark Archery

Whether you are just starting out or have years of experience, join us to enjoy the lifelong sport of archery. Train for tournaments, compete with friends and neighbors and learn more about this fast growing Olympic sport. Course content includes safety, range procedures, skill technique, scoring and archery games. All equipment provided. Age 16 + (min 10/max 20) Class held at Davis School Gym.

Thursdays, 7:30-8:30pm, 9/25 - 10/30. (6wks)

Fee:

\$140

MYSTERY WALKS w/ Mary Hurley

Discover new places to hike and hear tales about Native American settlers and esteemed writers such as Alcott and Emerson. Walks are typically four to five miles and usually rain or shine. Mary has been the spirited leader of hikes, bike trips and other marvelous adventures for more than twenty years. She has a great following and it will be an adventure as well as a walk! Please provide email address when registering and contact instructor at maryhurley@comcast.net for meeting locations. Weather cancellations will be made up at the end.

Our first walk meets at the North Bridge parking lot in Concord, off Monument Road. (max 10)

Wednesdays., 9:30-noon, 9/24-11/12 (8 wks)

Fee: \$99

ADULT PROGRAMS

ON AND OFF-ROAD BIKING ADVENTURES w/ Mary Hurley

Local back roads and trails take on a new look as you round each curve on a bike. We explore many on and off-road trails during our rides through Bedford, Lexington, Concord and other towns. We will rendezvous by car at a different starting point each week. A recently tuned hybrid bike is best for these intermediate rides and helmets are required. We will ride a solid 20 miles on each outing. The first week, we will meet at the North Bridge parking lot in Concord on Monument Road. After registering, contact the instructor at maryhurley@comcast.net for meeting locations. Weather cancellations will be made up at the end. (max 10)

Tuesdays, 9:30-noon, 9/23-11/11 (8wks)

Fee: \$99

Thursdays, 9:30-noon, 9/25-11/13 (8wks)

Fee: \$99

Fridays, 9:30-noon, 9/26-11/14 (8wks)

Fee: \$99

QUICK-START YOUR KAYAK w/Still River Outfitters

Paddling a kayak is great fun from a leisurely paddle to wind down to a great core workout. QuickStart is a brief, three hour introduction to paddling a kayak properly. Students are presented with basic information on terminology, dressing, paddle safety, potential hazards and simple rescues. A minimal paddle skill set is presented and practiced, permitting students to safely and comfortably maneuver on still water. Programs are led by instructors certified by the American Canoe Association. For more information, policies, what to bring, visit the website www.stillriveroutfitters.com All equipment provided. (min 3/max 8) Please provide an email when registering.

Friday, Sept. 10, 10:00am-12:00noon Location: Nuttings Lake Beach, Billerica.

Fee: \$75

INTRO TO STAND-UP PADDLEBOARDING w/ Still River Outfitters

Stand-up Paddleboarding is rocketing in popularity. Many describe the feeling as walking on water. Many people still do not know what it is. The best way to describe it is to imagine using a long canoe paddle to paddle a surf-board. Of course, the best way to really understand is to take a class. You can creep along the side of a pond with a great look at the fish below or use it as a super core workout (quit the gym and buy a board!). Like everything we do here... SUP is just super fun! Intro to SUP is the perfect way to give the sport a try. We will cover the essential skills you need to get started for enjoying the sport on calm water. Please provide email address when registering.

Friday, Sept. 19, 10:00am-12:00noon (min 3/max 6) Location: Nuttings Lake Beach, Billerica.

Fee: \$60

See website for policies/guidelines/what to bring at www.stillriveroutfitters.com

BARRIE BRUCE GOLF SCHOOL

Classes held at Country Club of Billerica, 51 Baldwin Rd. Billerica

GOLF SCHOOL 1: BEGINNER GOLF Designed for the new golfer or golfer with little experience. Basic fundamentals of the game emphasized in a stress-free, clinic-style setting. Equipment and balls provided if needed. Wear sneakers or golf shoes. Age 15+

Sat. 11:30am-12:30pm, 9/13-10/11 (5 wks)

Fee: \$169

Sun. 11:30am- 12:30pm, 9/14-10/12 (5 wks)

Fee: \$169

Mon. 5:30-6:30pm, 9/15-10/13 (5 wks)

Fee: \$169

Thurs. 5:30-6:30pm, 9/18-10/16 (5 wks)

Fee: \$169

GOLF SCHOOL 2: INTERMEDIATE GOLF Developed for students who have some actual playing experience and would like to elevate their skills using more advanced techniques. Will cover iron play, fairway woods and hybrids, short game and putting. Age 15+

Sat. 10:00-11:00am, 9/13-10/11 (5 wks)

Fee: \$169

Tues. 5:30-6:30pm, 9/16-10/14 (5 wks)

Fee: \$169

If you have to miss a class for either Golf School 1 or 2, please give the instructor 24 hour notice and you will be able to arrange a make-up class. 978-670-5396. www.barriebrucegolfschools.com

ADULT PROGRAMS

TENNIS w/ Kyle Anderson of KA Tennis

****All classes held at the Bedford High School Courts**

BEGINNER: An introductory class; students will learn stroke mechanics as well as basic understanding of the game. Forehand, backhand, volleys and serves will all be taught with an emphasis on fundamentals. All drills and games are presented in a fun and energetic atmosphere. 6 weeks

Thurs. 6:15-7:15pm, 9/18-10/23 (min 4/max 5)

Fee: \$125

INTERMEDIATE: Designed for players who can already hit the ball but wish to improve. The fundamentals of ground strokes, volleys and serves are taught in an energetic atmosphere. We also cover the basics of both singles and doubles strategy. Classes incorporate drills and games to take players' game to the next level. 6 weeks

Thurs. 7:15-8:15pm, 9/18-10/23 (min 4/max 5)

Fee: \$125

ADULT OPEN VOLLEYBALL

This is a Coed drop-in program open to Bedford Adults only. There is no fee, but participants must register in advance. The minimum age to play is 18. Please note that this is not a volleyball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all.

Please bring your own volleyballs.

No fee.

Mondays and Wednesdays, 9/29 - 12/17 at the Lane School Gym, 8:00 - 10:00PM. No volleyball 10/13).

ADULT PICK UP BASKETBALL

This is a Coed drop-in program open to Bedford Adults only. There is no fee, but participants must register in advance. The minimum age to play is 18. Please note that this is not a basketball league and there are no set teams; players must be flexible with regard to team formation in order to enable fair competition for all.

Please bring your own basketballs.

Mondays and Thursdays, 9/29 - 12/18 at the Bedford High School Gyms, 7:00 - 10:00pm.

No Fee

ADULT BADMINTON - ADVANCED/INTERMEDIATE

Open courts for intermediate and advanced players. Mostly doubles, but singles when court space available. Bring your own racket; feather shuttlecocks provided. (max 28)

Tuesdays, 7:30-10:00pm, 9/23 - 11/18. Lane School Gym.

Set up night is 9/23, play will be conducted once set up is completed. *NON RESIDENT BADMINTON REGISTRATION BEGINS ON 9/14. Please note only registered participants may attend. Guests, fill-ins, or waitlisted players may not play unless officially registered.*

Fee: \$20

ADULT BADMINTON - BEGINNER/INTERMEDIATE

Open courts for beginning and intermediate players. Drop in program (no sign-up necessary). Some instruction is available for technique and rules. Intermediate players should provide their own rackets. Some loaner rackets available (beginners are encouraged to play a bit before purchasing a racket). Shuttlecocks are provided. Badminton is one of the most popular sports in the world. Join us and find out why.

Thursdays, 9/25 - 11/20, 7:30pm - 9:30pm @ Lane School Gym.

No Fee

ADULT PICK UP SOCCER

Open to all Bedford Residents. Players must be age 18+ and not in high school. Please bring a white shirt and a dark-colored shirt.

No Fee

Outdoor Men: Wednesdays, 9:00 - 10:30 PM starting 10/2 on BHS Sabourin Field (Oct. 1 - 9:30 start)

Outdoor Women: Wednesdays, 7:30 - 9:00 starting 10/2 on BHS Sabourin Field (Oct. 1 - 8:00P start)

Winter Indoor Open Soccer: Dates, times and locations to be announced. Check our website in November.

PRESCHOOL PROGRAMS

PRESCHOOL GYMNASTICS w/Jennifer McGrath & Dotty Martin

Jennifer and Dotty bring oodles of energy to keep kids moving in this preschool gymnastics/movement class. Children are required to wear comfortable clothes with bare feet. Adults must stay and participate with children enrolled in the 2-3 year old class and younger. Takes place in the Lower Fellowship Hall in the First Church of Christ at 25 Great Rd. Please park in the Town Hall parking lot on Mudge way. Max. 20/class.

Mondays, Sept., 22 - Dec. 15 (no class Oct. 13) 12 wks

Fee: \$175

Fridays, Sept., 19 - Dec. 12 (no class Oct. 24, Nov. 28) 11 wks

Fee: \$160

Not yet walking "Baby Gym" w/Adult Partner (Mondays, 2:00 - 2:40 PM): This class is designed for the very young who are not yet walking. Class involves songs, play with balls and parachute, and bubbles. Equipment designed to strengthen muscles and develop balance will be used as creative positions are explored. This is a good opportunity to meet new friends (babies and parents!).

15 months - 2 yrs. w/ Adult Partner "Toddler Tumblers" (Mondays or Fridays, 9:30 - 10:10 AM): This class is a perfect combination of fun & learning! Each week has a different theme involving a different piece of equipment. Participants will roll down the mat, walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical gymnastics class!

2 yrs - 3 yrs. w/ Adult Partner "Toddler Tumblers" (Mondays or Fridays, 10:15 - 10:55 AM): This class is a perfect combination of fun & learning! Each week has a different theme involving a different piece of equipment. Participants will roll down the mat, walk across the beam, swing like monkeys and jump like frogs. Parachute and stamps complete this magical gymnastics class!

3-5 yrs. Transitional Class (Mondays or Fridays, 11:00 - 11:45 AM): I'm a big kid now! This class is great for children who are ready to try class on their own. Children will meet new friends and learn to follow directions in a fun, confidence building class. They will try forward rolls, cartwheels, handstands as well as walking across the beam and swinging on the bar!

3 - 5yrs. Transitional Class (Mondays or Fridays, 12:30 - 1:15 PM): This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars, and vaulting equipment.

5 - 7yrs. "Fun Gymnastics" (Mondays, 4:00 - 4:45 PM): This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars, and vaulting equipment.

K — 5th Grade Gymnastics class information located Elementary Section of brochure

LIL' SPORTS

Lil' Sports is a health and fitness company offering sports classes for children ages 2-5. Classes consists of jogging, stretching and more than 30 different activities. This fun, energetic program is set to music and teaches children the basics of multiple sports and activities while building teamwork, listening skills and gross motor skills. Held on the fields at 12 Mudge Way (behind the town playground). Tuesdays, Sept. 23 - Nov. 18 (no class 11/11), 1:00 - 1:45PM. . 8 wks
Max. 25

Fee: \$94

INTRO TO KENPO KARATE w/ Callahan's Karate (Ages 5-13)

4 week introductory course at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense.(min 5/max 10) 4 wks

Option 1: Tuesdays 4:30-5:10 pm; 10/7 - 10/28

Fee: \$55

Option 2: Saturdays 11:00 - 11:40 am; 10/10 - 10/31

MOMMY AND ME' HALLOWEEN SPOOKY CAKE POPS w/ Pam Kanavos, Pastry Chef

Join us for a spooktakular time as we cook up some ghoulish cake pops! We will conjure up 12 "Spooky Cake Pops" from our Witch's Book of Spells. Scary, gooey, sticky, messy; all things kids love! Ages 3—5 with a caregiver. Please bring an apron and a container to take home your treats. Plus material cost of \$12; please pay instructor the materials fee at class. (min 4 pairs/ max 6 pairs)

Monday, Oct. 27, 10:00-11:30am. Class held at 12 Mudge Way, Rm. 149

Fee: \$20 per family pair.

PRESCHOOL PROGRAMS

THUNDERCAT MINI SPORTS JAM (Ages 3.5 - 5)

Come have a ball with Thundercat Sports! This fun program will include soccer, basketball, softie hockey and other unique games that may include Sponge Bob Tag and Finding Nemo. Emphasis will be on some basic skill building, developing hand eye coordination, teamwork and FUN! Program is co-ed. Thundercats: www.thundercatsports.com
Location: fields at 12 Mudge Way (behind the Town Playground). 5 wks
Thursdays, 9/25 - 10/23. 10:00A - 10:50A. Max. 12

Fee: \$80

SUPER SOCCER STARS (Ages 2 - 5)

Get the ball rolling for ages 2 and up with Super Soccer Stars! At Super Soccer Stars, the goal is to teach soccer skills in a fun, non-competitive, educational environment. The philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun. 7 wks
Saturdays, 9/13 - 11/1. Children must be 2 by the start of the program.

Fee: \$147

Ages 2 – 3: 9:15-9:55am

Ages 3 – Young 4: 10:05-10:50am

Ages Older 4 – 5: 11:00-11:50am

Ages Older 4 – 5: 12:00-12:50pm

Ages 3 – Young 4: 12:00-12:45am

PRESCHOOL RHYTHM AND DANCE w/ Renae Nichols (Ages 3.5 - 6)

Some dances are fast, some dances are slow. Some dances have sharp movements, others just flow. It depends on the music. That's how we know.

In this dance class, boys and girls will learn to dance to various types of music by listening closely and matching appropriate movements, including basic tap and ballet steps, to the rhythms and styles they hear. Through weekly music and dance exploration, they will develop the music and dance skills necessary for all traditional dance and music programs. Students will dance primarily in sneakers or bare feet. During our final class of the session, parents are invited to join us for performances. Max. 10. 6 wks Fridays, 2:00—2:45

Fee: \$53

Session 1: 9/12 - 10/17

Session 2: 10/31-12/12 (no class 11/28).

ZUMBA® KIDS JR w/ Renae Nichols (Ages 4-6)

Let your preschoolers get silly and dream big at this Zumba® class created just for kids! They'll shake, giggle and groove with Zumba® Kids Jr., the ultimate dance 'n' play party for little feet. This high energy dance fitness program combines music and movement into lively routines that kids will love. The kid-friendly steps are easy to learn and fun to perform. 12 Mudge Way (Union Room), Fridays, 1:00—1:45. Max. 12. 6 wks

Fee: \$53

Session 1: 9/12 - 10/17

Session 2: 10/31-12/12 (no class 11/28).

FALL TENNIS LESSONS w/ KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. Offered over a six week period, instruction is given in mechanics and rallying skills. It is intended to introduce the younger players to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. Takes place at BHS tennis Courts for 6 Saturdays 9/13 - 10/25 (no class 9/20 Bedford Day). Rain outs will be added on at the end of the session. Min4/Max10. 6 wks

Ages 4 - 6: 8:30 - 9:05 AM.

Fee: \$69

T-BALL w/ F.A.S.T Athletics (Ages 3 - 5)

Let's take a walk through the fundamentals of America's favorite pastime. Children will learn the basic skills of fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction to t-ball where learning and skill development are our priorities.

Sundays, 1:00 - 1:50PM Min. 8, Max. 16. 5 wks

Session 1: 9/28 - 10/26

Field behind the Town Playground, 12 Mudge Way

Session 2: 11/2 - 11/30

Fee: \$65/Session

MINISPORTS w/ F.A.S.T Athletics (Ages 3 - 5)

This program is a combination of warm-up games and sports such as soccer, kickball, t-ball and basketball. It will ease children into learning the basics of all these great games as well as teach them the importance of team work! Each class, F.A.S.T. Athletics will have new and exciting games planned for the students. Min. 8/Max. 16.

Sundays, 2:00 - 2:50PM

Session 1: 9/28 - 10/26

5 wks

Session 2: 11/2 - 11/30

Fee: \$65/Session

ELEMENTARY PROGRAMS Davis

LEGO ENGINEERING JUNIOR IMAGINEERS (K - 1) w/ Wicked Cool for Kids

Using Lego Duplos, Children in grades K-1 will listen to stories based on popular fairy tales. Using Lego Duplos, they will use the engineering design process to help solve their hero's problems using simple machines. Help LEGO Sam and Sara create Rapunzel's tower and a pulley system to lift her lunch! Prince Charming's buggy is busted; can Sam and Sara build a Charming Car to carry the Prince's blocks and save the day? This program will emphasize creativity, cooperation, engineering, math and literacy skills. Takes place in the Davis Cafeteria, Mondays, 3:10P- 4:25P (snack first, then class 3:25 - 4:25), 9/29 - 11/10 (no class 10/13), min8/max12. 6 wks. Please send snack. **Fee: \$100**

DAVIS KIDS' YOGA (Grades K - 2) w/ Bonnie McCulloch

Roar like a lion, fly like a butterfly and travel to faraway places by experiencing yoga combined with music, storytelling, and co-operative games. We will stretch your child's imagination with yoga classes that explore breath-work, yoga postures and relaxation techniques presented in a fun and creative manner. From 3:20 - 3:40, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!). From 3:40 (after bus dismissal from the gym) until 4:30, students participate in the gym. Thursdays 9/25 - 11/13 (no class 10/13). Min 6/max12. 8 wks **Fee: \$95**

ACTING CLASSES w/ Performing Arts Programs (Davis K - 2)

The staff of Performing Arts offer a fun acting experience for elementary students. Children will be introduced to exciting theater games, concentration exercises, voice and speech, improvisational exercises, acting terminology, sense memory, subtext, stage skills and script work. At the end of this session, there is an informal skill share to demonstrate what participants have been learning. Returning students will be learning and working on new material. Visit www.performingartsprograms.biz for more info about Performing Arts Programs and to view/read teachers' bio. Children will have snack time from 3:10 - 3:25 (please pack a snack). Takes place in the Davis Cafeteria. 6 wks Tuesdays, 10/7 - 11/18 (no class 11/11). 3:10 - 4:25. Min 8/max 15. **Fee: \$120**

DAVIS SCHOOL AM GYM

Join Peter Laskaris and other Rec. Staff for early morning gym time at Davis School. Participants will have the opportunity to play a variety of games in the gym. Typically, there will be options of a group game and open play for those not interested in the group game. The program runs Monday - Friday, 7:45 - school start (excluding holidays, no school days or school delays/snow days). 9/2 - 12/23. Min:20/Max 30. **Fee: \$190**

GRADE 1 & 2 AFTER SCHOOL SPORTS w/ Peter Laskaris & Judy Johnson

At dismissal, children are released to the cafeteria where they will enjoy quiet activities and snack (please send a snack!). After bus dismissal from the gym until 4:30, students participate in active games in the gym. Parents are responsible for transportation home at 4:30pm. Min12/Max25. 11 wks. **One after school sports class only per child.**

Mondays: 9/22 - 12/8, (no class 10/13)

Fee: \$100

Tuesdays: 9/23 - 12/9 - 3/18 (no class 10/10)

Fee: \$100

GYMNASTICS (Ages 5 - 7) with Jennifer & Dotty

5 - 7yrs. "Fun Gymnastics": This class is designed for the child who is ready to learn some beginning gymnastics. Participants will work on jumps, splits, bridges, rolls, cartwheels and handstands. They will use the balance beams, bars, and vaulting equipment. Takes place in the Lower Fellowship Hall in the First Church of Christ at 25 Great Rd. Please park in the Town Hall parking lot on Mudge way. Max. 20/class.12 wks Mondays, Sept., 22 - Dec. 15 (no class Oct. 13), 4:00 - 4:45. **Fee: \$175**

DAVIS SCHOOL SUPERSPORTS w/F.A.S.T. Athletics (Grades 1 & 2)

Get up, get going, get active with a F.A.S.T. Athletics Super Sports Program. F.A.S.T. Athletics will offer a variety of sports each week such as: Soccer, Basketball, Flag Football, Dodge ball, and Kickball. Programs will include proper stretching and warm-up games as well as learning basic skills of each sport, each class will end with a high energy game with the sport played that day. 5 wks Min. 8/Max. 30.

Takes place in Davis Gym on Wednesdays, school dismissal until 3:10 (1:55 is snack time; please send a snack).

Session 1: 9/24 - 10/22.

Session 2: 11/5 - 12/10 (no class 11/26)

Fee: \$65/Session

DAVIS WEDNESDAY MIXED MEDIA ART w/Penny Leslie

"Mixed Media" means working with a wide variety of both natural and synthetic materials. Students will create sculptures and collages. Weaving will be explored using yarns, ribbons, raffia, feathers, branches and fabrics. Crafts will include beads, bracelets, twines, tape, decoupage, clay critters, fabric paints and card making. Some weeks will be theme-based around Halloween, Thanksgiving and holiday gift making. Drawing and painting projects include use of different types of brushes, combining pencils, crayons, wax and watercolor and tempera paint. 10 wks

If space is available as of 9/18, those not registering for the series may register for individual Wednesdays @\$20/day.

Davis Cafeteria, Wednesdays, 10/1 - 12/12. 1:55 - 3:25 p.m.. Please send a snack. Max. 15.

Fee: \$176

ELEMENTARY PROGRAMS Davis/Davis & Lane

THUNDERCAT DODGEBALL & SPORTS (Grades K - 2)

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program consists of different dodgeball related games such as Doctor, Bombardment, Jail Break and more. Other sports and games will be mixed in to create a fun and exciting program! Clinic is co-ed. Please wear sneakers and appropriate clothing. For more information, please visit www.thundercatsports.com Max. 14. 5 wks

Fridays, Davis Gym, 9/26 - 10/24, 3:30 - 4:30 (snack in cafeteria following dismissal; please send snack). **Fee: \$82**

RECREATION DANCE 2014 - 2015 w/ Amy Noyes (K - Gr. 12)

Dance program runs Sept. 16 - May (recital date TBD, Friday evening in May). An additional costume fee for the recital will be charged (approx. \$75) in the winter. Classes take place in the Union Room at 12 Mudge Way. No classes on holidays and school vacation weeks.

Registration opened in the spring. There is still space in some classes and we will take wait list for full classes.

TUESDAY CLASSES

3:45 - 4:30 K Ballet & Tap (Max 10)	Fee: \$225 FULL
4:30 - 5:30 1st Gr Ballet, Tap & Jazz (Max 15)	Fee: \$260 FULL
5:30 - 6:30 2nd/3rd Gr. Ballet, Tap & Jazz (Max 15)	Fee: \$260
6:30 - 7:15 4/5th Gr. Hip Hop & Lyrical (Max 15)	Fee: \$195 VERY FEW SPOTS LEFT
7:15 - 8:00 6 - 8th Gr. Hip Hop & Lyrical (Max 15)	Fee: \$195

WEDNESDAY CLASSES

2:00 - 2:45 9 - 12 Gr. Hip Hop & Lyrical	Fee: \$195
2:45 - 3:30 6 - 8th Gr. Hip Hop & Lyrical (Max 15)	Fee: \$195
3:30 - 4:30 2nd/3rd Gr. Ballet, Tap & Jazz (Max 15)	Fee: \$260 VERY FEW SPOTS LEFT
4:30 - 5:15 4/5th Gr. Hip Hop & Lyrical (Max 15)	Fee: \$195 FULL

FALL TENNIS LESSONS w/ KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. Offered over a six week period, instruction is given in mechanics and rallying skills. It is intended to introduce the younger players to the fundamentals of strokes. Hands on approach, organized drills, as well as fun games make this class appropriate for all ages. Takes place at BHS tennis Courts for 6 Saturdays 9/13 - 10/25 (no class 9/20 Bedford Day). Rain outs will be added on at the end of the session. Min4/Max10.

Ages 4 - 6: 8:30 - 9:05 AM.	Fee: \$69
Ages 7 - 9: 9:15 - 10:15 AM	Fee: \$117
Ages 7 - 9: 12:00 - 1:00 PM	Fee: \$117
Ages 10 - 14: 10:15 - 11:45 AM.	Fee: \$176

HIRED HANDS w/Chip-In Farm 201 Hartwell Rd

Children will have an opportunity to do farm work at Chip-in farm, a real working farm. Help farmer Sandy in the fields, feed and tend the animals, collect the eggs & harvest the crops while enjoying farm-themed crafts, stories and cooking activities. Wear your work clothes, old sneakers or boots. Class meets rain or shine. (min 3/max 8) Drop off program. Parents not required to stay for class. 4 wks

Fee: \$115

Grade 3 - 5 : Mondays, 9/29 - 10/27 (no class 10/13) 4:00 - 6:00 PM

Grades K - 2 : Wednesday 10/1 - 10/22 3:00 - 5:00 PM

BUCS FLAG FOOTBALL "Saturday Nights Under the Lights" Grades 2 - 8

BUC Football will take the field this fall Friday nights under the lights on BHS Sabourin Field. On Saturdays, YOU can take the field under the lights with the BUCS! 4 week Flag Football program for grades 2 - 8. Coached by Junior and Senior players of BHS Football. Each player receives a t-shirt. Revenue from this program supports the Bedford Football Club (JGMS & BHS football). 4 wks

Sept. 20 - Oct. 11, 6:00 p.m. - 7:30 p.m.

Fee: \$100

ELEMENTARY PROGRAMS Davis & Lane/Lane

GYMNASTICS (Grades K—5) with Jennifer & Dotty

Jennifer & Dotty's energy is contagious! They keep kids moving in this exciting class that teaches basic gymnastics skills using floor, bar, vaulting, and low beam. Participants learn and execute bridges, splits and jumps. Participants should wear comfortable clothes with sneakers or bare feet. 11 wks

Classes held at the Lane School Gym Fridays, 9/19 - 12/12 (no class 10/24, 11/28). Max. 30.

Grades 3 –5: 2:50 - 4:00 (2:50 - 3:00 is snack time; please send a snack)

Fee: \$140

Grades K - 2: 4:00 - 4:45 PM

Fee: \$140

INTRO TO KENPO KARATE w/ Callahan's Karate (Ages 5-13)

4 week introductory course at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense. (min 5/Max 10). 4 wks **Fee: \$55**

Option 1: Tuesdays 4:30-5:10 pm; 10/7 - 10/28

Option 2: Saturdays 11:00 - 11:40 am; 10/10 - 10/31

LANE YOGA (Grades 3-5) w/Bonnie McCulloch

In this fun and active class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration. Students will listen to popular music while they learn yoga postures and explore topics such as compassion, empathy, inner strength, and peace. Children are released to the cafeteria at dismissal and will have time for a snack (please send snack). Class is 3:00 - 4:00 p.m. in the cafeteria. Tuesdays, 9/23- 11/18 (no class 11/11). Min 6/max 12. 8 wks

Fee: \$95

LANE MIXED MEDIA w/Penny Leslie (Grades 3 - 5)

This program is for anyone who just loves art, hands on projects and the freedom to be creative. Inspired by fall colors, we will start with nature collages using natural materials such as leaves, feather and other textured materials along with synthetic materials such as colored tissues, textured papers and polymer. For those interested in weaving, an extensive assortment of yarns, raffia, ribbons, grasses and beads will be available as well as guidance to learn how to tapestry weave. Drawing and painting supplies include pastels, colored pencil, crayon, wax, watercolor and tempera. Penny will show samples and students will pace themselves. Handouts and extra supplies will be provided to take home to continue. Students receive personal guidance along with plenty of encouragement. Held in the Lane Cafeteria. 8 wks

Thursdays, 10/2 - 11/20. 2:50 - 4:50 (please send a snack) Min 8/max 15.

Fee: \$142

LANE AM OPEN GYM

Join us for early morning open gym time. Gym will be supervised by two adult Recreation Staff members. The program runs Monday - Friday, 7:30 - school start (excluding holidays, no school days or school delays/snow days). 9/2 - 12/23. Open to all Lane students. No drop ins; must be registered through the Recreation Dept. Min 25/Max 45 **Fee: \$190**

POINTS AND POWERS™ SWORD FIGHTING FOR KIDS! w/ Guard Up! (Grades 3-5)

What do you get when you mix storytelling and imaginative play with basic instruction in swordsmanship and lessons in teamwork and creative problem solving, while adding in the adventure of Lord of the Rings and the magic of Harry Potter? You get an amazing opportunity for your young hero to be active, have fun, and build character! Students will learn basic sword fighting techniques while honing their social skills and developing confidence and leadership qualities through games that require strategy, teamwork, and an accurate sword arm. They also get to take on the roles of fantasy characters and unleash their inner heroes in story based interactive adventures that focus on collaborative problem solving, role playing, and of course slaying the occasional dragon. Why pick up a video game when you can experience the action unplugged? Min.6 to run program. \$20 lease fee or \$60 purchase fee for hand made, custom materials -- due first class. *Waiver Required, found at www.guardup.com/waiver -- Can be completed on any device, paper waivers not accepted.* Lane School Gym. Thursdays, Sept. 25 - Nov. 13. 2:50 - 3:50pm 8 wks **Fee: \$120**

AFTER SCHOOL KID JAM! (Lane Gr. 3-5)w/Kamate Fitness

Kick it with your friends! This after school dance fitness program is a fun fusion of the latest dance styles and music! We dance, we sweat and most importantly we have fun!! Get funky and move with attitude! We'll learn new steps, create our own moves, and dance as a team - including a performance on the last day of class! Bring a water bottle and snack. Wear comfortable clothing and sneakers. Takes place in the Lane School Gym. Wednesdays, 10/1 - 11/5.

Dismissal - 1:30pm snack, 1:30-2:30pm class (Min:8/Max:20). 6 wks

Fee: \$70 includes t-shirt

SNOWTUBING - Grades 3 - 5

Bundle up and enjoy this fun winter activity! Bus will leave Lane School at dismissal and return to the Lane parking lot at 5:00. Parent chaperones needed! Please notify the Recreation Office if available to chaperone.

4 weeks, begins January 7.

Fee: \$160

ELEMENTARY PROGRAMS Lane

SOLAR SYSTEM SLEUTHS w/Wicked Cool for Kids (Grades 3 - 5)

Solve the mysteries of the Solar System on an eight planet expedition. Explore icy dwarf planets and gas giants and find out why Pluto is no longer considered a planet. Journey to the rocky planets and create a 3D model solar system. Make a stop on the moon, create some craters and build a model satellite as you learn about the pull of gravity.

Wednesdays, 10/1 - 11/5, 1:20 - 2:20 6 wks

Fee: \$100

BEADED JEWELRY MAKING CLASS (Gr. 4-5) with Melissa Skorupka

This course is designed for 4th and 5th grade students who will learn all the skills needed to complete necklaces, earrings, and bracelets. The projects are fun and low stress and they result in attractive jewelry. Students will be working with Memory Wire, glass beads, fresh water pearls and various other beads. All materials included. 6 weeks. Min 5/Max.10. Mondays, Sept. 29 – Nov 10 (no class 10/13) 2:50 – 4:00 pm, Lane cafeteria.

Fee: \$105

DODGEBALL w/ F.A.S.T Athletics (Grades 3 - 5)

Join the staff of FAST Athletics for this intense and exciting program. Participants learn how to work together, strategize and exercise without even knowing it! There are tons of creative and competitive dodgeball games incorporated into this program; there is never a dull moment! Gatorskin dodgeballs are used and safety rules and regulations will be reviewed before each class. Takes place Tuesdays, 2:50 - 3:50 in the Lane Gym. Min. 8/Max. 30. 5 wks

Session 1: 9/23 - 10/21

Session 2: 11/4 - 12/9 (no class 11/11)

Fee: \$65/Session

LANE FIBER ARTS w/ Julie Deneau (Gr. 3 - 5)

In this class, students will create fun projects using different fiber materials and techniques. Get creative with fiber! Students will create collages, fiber bowls, mini embroidered pillows, greeting cards, weaving and framed art using t-shirts. Please bring a snack and your enthusiasm to have fun creating. All materials provided. Takes place in the Lane Cafeteria on Fridays, 9/26 - 11/21 (no class 10/10), 2:45 – 4:30 PM. Min 6/Max 9. 8 wks

Fee: \$140

ARCHERY (AGES 9 - 15) w/ On the Mark Archery

Join the staff of On the Mark Archery for this class that provides lots of shooting time, camaraderie and fun! Whether you are just starting out or you have years of experience, this class has something for you. Learn the fundamentals and skills that make every archer great. Safety, range procedures, technique and scoring are just a few of the things you will learn! All equipment provided. (Min 10/Max 15). 6 wks

Program takes place in the Davis School Gym, 6:15 - 7:15 PM, Thursdays, 9/25 - 10/30.

Fee: \$140

DODGEBALL TOURNAMENT... One Day Only!!! For grades 3 - 5. Dec. 16

We will be hosting a *round-robin dodgeball tournament* Tuesday, December 16. The players will be divided into teams and placed into a tournament bracket. Players will all receive a F.A.S.T. Athletics bracelet for participating!!! Lane School Gym, 2:50 - 4:50PM.

Fee: \$30

CLAYMATION (Grades 3 - 5)

"Move over Gumby! In Claymation students learn the principles of working with 3D objects by working with clay figures to make their own stories and movies. Focusing on the details of character development, establishing setting, and precision in filming and editing. Basic and more advanced techniques are covered, making this a great class for new or experienced animators. Movies are available to take home. A strict non-violence policy is enforced." Min. 8/Max. 12. 8 wks
Mondays, 3:00 - 4:00 (snack time until 3:00, please send a snack). Sept. 22 - Nov. 17, no class Oct. 13. **Fee: \$175**

THUNDERCAT MULTI-SPORT - Floor Hockey, Soccer, Basketball (Grades 3 - 5)

Play, play, and play some more! Thundercat Sports multi-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates with tournament day! Program is coed; please bring athletic clothing, sneakers, and a water bottle. For more information please visit www.thundercatsports.com. Min. 8/Max. 14. 7 wks

Wednesdays, 9/24 - 11/5, 1:20 - 2:20

Fee: \$96

CHESS w/Peter Desjardins (Grades 3 - 5)

In this fun, recreational chess program, beginning and experienced players will learn about the game and spend time playing! Offering basic game play instruction, this program is suitable for those who have never played before. Together, we will explore aspects of the game such as opening, middle and end game strategies, timed games and more advanced resources. Instructor Peter Desjardins is a proud alumni of his own elementary school chess club and believes that the game helps build concentration, logical thinking, creativity and problem-solving... and also it's fun!

Thursdays, Lane School Library. 2:50 - 4:20. 9/25 - 11/13 Max. 12. 8 wks

Fee: \$56

BASKETBALL



Frank Bauman
(March 23, 1938-Dec. 2, 2013)

FRANK BAUMAN BASKETBALL LEAGUE (Grades 4 - 8)

In December, we said goodbye to Bedford's first Recreation Director and our dear friend. Frank served as Recreation Director for thirty years, unwavering in his support of the youth of this town. Frank's passion was youth sports. He was involved with administration, coaching and as a proud parent. Frank coached and supervised the Recreation basketball league for decades. In honor of Frank, the "Recreation Basketball League" has been given the new designation "**The Frank Bauman Basketball League.**" We welcome players to the Bauman League.

This winter in-town League for boys & girls in grades 4 - 8 consists of divisions:

Boys Grades 6—8

Girls Grade 6—8

Boys Grades 4, 5

Girls Grades 4, 5

Players will be evaluated to form balanced* teams.

The Bauman League is open to all Bedford children registering until all teams have been filled. Teams will be filled on a first come, first served basis. The number of teams is based upon the number of volunteer coaches available. **EVERY TEAM MUST HAVE A VOLUNTEER ADULT MANAGER or ADULT COACH AT EVERY PRACTICE.** Every effort is made to accommodate all interested players. The Bauman League Basketball accepts all players regardless of ability.

Teams have one hour long practice per week and games are typically held on Saturdays between 8:00 a.m. and 1:00 p.m. This league operates with adult and HS volunteers and paid student referees. Volunteers interested in coaching or being a parent manager should notify the Recreation Department ASAP & add it to the enrollee notes at time of registration. Coaches and other volunteers will be subject to CORI checks. Any high school students interested in refereeing or coaching should apply to be a coach/ref via the online registration at www.bedfordrecreation.org

Fee: \$105/player (max. \$240/family; must register via fax or at Rec. Department to receive family discount).

Deadline to register: Oct. 24 or when teams fill, whichever is first. Any registrations received after Oct. 24 will be placed on a waiting list. Practices will begin the week of November 24, with the first games on November 29. Program will run through Mid-March.

**To balance teams, players must attend evaluations.*

BAUMAN LEAGUE EVALUATION DATES (all at Davis Gym)

BOYS

Boys 4th: Mon. 11/3, 7:15 PM

Boys 5th: Mon. 11/3, 6:00 PM

Boys 6th: Wed. 10/29, 8:00 PM

Boys 7th: Wed. 10/29, 7:00 PM

Boys 8th: Wed. 10/29, 6:00 PM

GIRLS

Girls 4th: Tues. 11/4, 7:15 PM

Girls 5th: Tues. 11/4, 6:00 PM

Girls 6th: Wed. 11/5, 8:00 PM

Girls 7th: Wed. 11/5, 7:00 PM

Girls 8th: Wed. 11/5, 6:00 PM

1ST, 2ND & 3RD GRADE BASKETBALL CLINICS

Registration for the clinic programs will begin in December at winter registration. Play will begin in January.

POLICE-RECREATION LEAGUE:

For High School Students; please see HS Section for details.

TRAVEL BASKETBALL

BEDFORD TRAVEL BASKETBALL CLUB TEAMS (GRADES 4 - 8)

This program is run by the Travel Basketball Board and is not a part of the Bedford Recreation Dept. Players must register for Travel Basketball tryouts via the Bedford Travel Basketball website at www.bedfordtravelbasketball.com.

All players in grades 4th -7th who are selected for a travel team **MUST** also play in the Bauman League.

The league is a fall/winter out-of-town league for boys and girls in grades 4 - 8. **Travel Board President:** Brian Forman

SEE TRAVEL BASKETBALL WEBSITE FOR TRYOUT SCHEDULE

SPRING TRAVEL SOCCER

SPRING TRAVEL SOCCER (OUT-OF-TOWN PLAY)

Registration is now open for Spring Travel Soccer. Registration will close Nov. 15 or when teams fill. When teams fill, additional registrations will be taken on a waiting list basis until Nov. 15 & new teams will be formed if there are enough players on the waitlist. Players are placed on teams that will play each Saturday, either in Bedford or in another town. Travel teams practice up to two times per week. Parents are responsible for providing transportation to the games each week. Season runs from Early April - June. Team placement is released in March. **Please note that it is the Recreation Travel Soccer policy that all participants receive equal playing time and rotate positions.** Visit the soccer website for more information and soccer policies @ www.bedfordsoccer.org

U9/U10Parents please note: *because of the importance and difficulty of creating balanced teams, travel soccer is unable to accommodate requests for placement with a specific coach or friend.*

U9: 3rd grade Fall 2014
U10: 4th grade Fall 2014
U11/12: 5th & 6th grade Fall 2014
U14: 7th & 8th grade Fall 2014
U 16: 9th & 10th grade Fall 2014
U18: 11th & 12th grade Fall 2014

Early Bird Fee (before Nov. 1): \$105 with a maximum of \$265 per family. Family rate can only be processed via fax, mail or in person only.

Fee (after Nov. 1): \$135 with a maximum of \$340 per family

Uniform Cost: \$50

****There are no refunds after the roster announcements are released****

PRACTICE NIGHTS

All girls' teams will practice on Monday and Thursdays
All boys' teams will practice on Tuesday and Fridays

GU16, GU18, BU16, BU18 SPRING TRAVEL SOCCER: Registration will take place this winter; please watch for the Recreation Winter Brochure.



MIDDLE SCHOOL PROGRAMS

INTRO TO KENPO KARATE w/ Callahan's Karate (Ages 5-13)

4 week introductory course at Callahan's Karate Studio located at 20 North Rd. Beginner students can expect to experience the many positive benefits of Karate training. Callahan's award winning programs are a great way to develop confidence, focus, and self-discipline while learning the basics of Karate and self-defense. (min 5/Max 10). 4 wks **Fee: \$55**

Option 1: Tuesdays 4:30-5:10 pm; 10/7 - 10/28

Option 2: Saturdays 11:00 - 11:40 am; 10/10 - 10/31

MIDDLE SCHOOL ART CLUB w/ Candy Banks (Gr. 6 - 8)

Join the JGMS Art Club to have fun painting, working with clay and drawing to your heart's content. Work with tempera and watercolor paints; try charcoal drawing and get your hands dirty working with clay on a variety of 3-D projects. Try new projects or work independently on things you are interested in with helpful instruction and guidance from the art teacher. This will be a warm and welcoming place for students looking for a relaxing and creative after school place!

(Rm A107). 2:30 - 3:30, Tuesdays, 9/23 - 12/2 (no class 11/11). 10 wks

Fee: \$88 includes all supplies.

BUCS FLAG FOOTBALL "Saturday Nights Under the Lights" Grades 2 - 8

BUC Football will take the field this fall Friday nights under the lights on BHS Sabourin Field. On Saturdays, YOU can take the field under the lights with the BUCS! 4 week Flag Football program for grades 2 - 8. Coached by Junior and Senior players of BHS Football. Each player receives a t-shirt. Revenue from this program supports the Bedford Football Club (JGMS & BHS football). Sept. 20 - Oct. 11, 6:00 p.m. - 7:30 p.m. 4 wks

Fee: \$100

ARCHERY (AGES 9 - 15) w/ On the Mark Archery

Join the staff of On the Mark Archery for this class that provides lots of shooting time, camaraderie and fun! Whether you are just starting out or you have years of experience, this class has something for you. Learn the fundamentals and skills that make every archer great. Safety, range procedures, technique and scoring are just a few of the things you will learn!

All equipment provided. (Min 10/Max 15). 6 wks

Program takes place in the Davis School Gym, 6:15 - 7:15 PM, Thursdays, 9/25 - 10/30..

Fee: \$140

GREAT BEGINNINGS - WEIGHT LIFTING FOR MIDDLE SCHOOL STUDENTS w/Kamate Fitness

The goal is to improve self-esteem, mood and overall health in this kid-focused workout. A National Academy of Sports Medicine (NASM) certified Youth Exercise Specialist leads the fun, safe, research-based program to improve strength, gross motor skills, bone density, balance, endurance, speed, agility, self-confidence and body image while developing a healthy attitude toward working out. Kamate Fitness instructors foster a noncompetitive, peer inclusive atmosphere using light weights and body resistance in this circuit training program. Supported by Dr. Geller of Patriot Pediatrics.

Please wear sneakers and comfortable clothes and bring a water bottle. Min. 4/Max. . JGMS Cafeteria.

Girls: Tuesdays/Thursdays, Oct. 7 - Oct. 30, 3:00- 3:45 8 wks

Fee: \$120

Boys: Mondays/Wednesdays, Oct. 6 - Oct. 29, 3:00 - 3:45 7 wks

Fee: \$105

FALL TENNIS LESSONS w/ KA Tennis

Learn the sport of tennis with Kyle Anderson, a USPTR and USTA certified instructor who has 19 years full time experience instructing individuals and groups. Program is designed to improve all aspects of the game. Over a six week period, instruction is given in mechanics and rallying skills. Hands on approach and organized drills incorporated. Takes place at BHS tennis Courts for 6 Saturdays 9/13 - 10/25 (no class 9/20 Bedford Day). Rain outs will be added on at the end of the session. Min4/Max10.

Ages 10 - 14: 10:15 - 11:45 AM.

Fee: \$176

WACHUSETT SKI & BOARD

Register Now!!! Deadline: November 4

PARENT CHAPERONS NEEDED!! Please indicate availability to chaperone on registration form.

Great night skiing and riding at Wachusett!! This Friday night ski program is open to Bedford Middle and High School students. It is a six-week package (daily registrations will NOT be accepted, nor will substitution of participants). Buses depart at 3:45 p.m. and return at 11:00 p.m. (Middle School Rear Parking Lot). Begins Jan. 9 and runs 6 weeks (missed sessions will be made up at the end). No skiing vacation week. **Registration Fee: \$130** (payable to Town of Bedford) for transportation. **Please note that this fee is for transportation only!!!**

HELMETS ARE REQUIRED

NEW: Students register online directly with Wachusett for lift ticket, rentals, lessons, etc. as desired. Rates available at www.wachusett.com Please note: rates increase on 12/2/14 so register with Wachusett now!

Please remember when selecting options such as rentals and lessons that our program is a **6-WEEK PROGRAM**.

THE CORNER



Middle School Activity & Social Center

Operated by Bedford Recreation

WHAT IS THE CORNER? It is the place where the fun begins when the school day ends. The Corner is designed just for JGMS students. It's your own space, featuring a fully stocked Game Room with a pool table, foosball, air hockey table and bumper pool. A fully stocked Art & Computer Room, Lounge with special activities and events, snack machines, snack bar, TV's & games...all for you! The Corner is fully staffed & supervised with Recreation Program staff. Staff will oversee games, leagues, special programs and early release day activities and trips. For more information contact Amy or Nick at the Bedford Recreation Department.

WHERE IS THE CORNER? It is only a short walk from JGMS. The Corner is located in the corner of the building next to the town playground, 12 Mudge Way, in The Town Hall complex. Three large rooms for this "L" shaped space.

HOW DO I JOIN THE CORNER? There is no admission fee. Parents must register their child online or at our office. The kids must sign in upon arrival to the Corner. Come check it out!

WHEN MAY I COME TO THE CORNER? Upon school dismissal until 6:00P.M. Monday – Friday. On Wednesdays we open at 12:45 P.M.

SPECIAL EVENTS THIS FALL!!

Sept. 10 - Kids Cooking Green With Lori Deliso- Kids will create meals and snacks from healthy natural ingredients

Sept. 11 - Open House For Parents and Kids- 6:00pm - 8:00pm

Sept. 12- Fun Friday*- Outdoor Games Night

Sept. 17 - Arts and Crafts with Local Artist Melissa Skorupka

Sept. 26 - Fun Friday*- Kids will build their own dinner

Oct. 1 - Arts and Crafts with Local Artist Melissa Skorupka

Oct. 8 - Kids Cooking Green With Lori Deliso- Kids will create meals and snacks from healthy natural ingredients

Oct. 11 - Fun Friday*- Bring your own movie night!

Oct. 15 - Arts and Crafts with Local Artist Melissa Skorupka

Oct. 24 - Annual Halloween Dance- Costume Party

Oct. 29 - Arts and Crafts with Local Artist Melissa Skorupka

Nov. 7 - Fun Friday* Night- Trivia Challenge

Nov. 12 - Arts and Crafts with Local Artist Melissa Skorupka

Nov. 17 - Fun Friday* Night- Bingo Night

Dec. 3 - Arts and Crafts with Local Artist Melissa Skorupka

Dec. 17 - Arts and Crafts with Local Artist Melissa Skorupka

Schedule subject to change; new events added throughout the fall!

***FUN FRIDAYS** On Fun Fridays, The Corner is open for extended hours from 6:00 P.M. to 7:30 P.M. A variety of games and activities are planned for each night, and sometimes food & snacks are included. Specific details on each event is promoted at the CORNER prior to each event date.

WEEKLY TOURNAMENTS: We have a scheduled game tournament each week. Points will be given out for the top place winners each week. Earn points just by participating in each event. Prizes will be given out to the top point winners for the fall session. Check out the schedule of tournaments on the tournament bulletin board at The CORNER!

ARTS & CRAFTS: A wide variety of projects and craft activities available at The Corner!

HS PROGRAMS

POLICE-RECREATION BASKETBALL LEAGUE

Basketball League for players in grades 9 -12 and not playing HS Basketball. Season runs 1/8 - 3/12 (no 2/19) with playoffs starting the week of 3/16. Price includes an 8 game regular season plus playoffs, reversible uniforms and two certified referees for each game. This is a game only league (no practices). Most games will be played on Thursday nights in the HS gym. There will be an evaluation night for all players December 18, 7:00 - 8:30 to enable the formation of balanced teams. Teams will be coached by Bedford Police Officers. Min 32/Max 60. **Fee: \$90**

REDUCE THE STRESS OF WRITING YOUR COLLEGE APPLICATION ESSAY w/ Mindy Pollack-Fusi

Are you a high school Senior who has to write your essay(s) for college applications due this fall? Do you have an idea for a topic...or no idea at all? When you write, do you tend to stare at a blank page, or at the few lines you have managed to crank out, and have no clue what to put down next? My method will help you understand the essay's intent...and to chill before writing, which is the only way you will produce an effective essay. We will discuss which topics the colleges like...and dislike. You will learn tips to get started and complete your essay. Students will have a few one-on-one minutes at the end of class, but there is no time to share essay drafts. Mindy is a writer/published essayist at CollegeApplicationEssayCoach.com (Min. 3/ Max. 8) **Fee: \$25**

Monday, Nov. 17, 7:00 – 9:00pm. The Place For Words/Workshops, 200 Great Rd., Suite 254A (enter beside HRBlock)

LIFEGUARDING AND WSI COURSES

contact: www.bostonredcross.org

Classes for Lifeguard Training and WSI (Swim lesson instructor training) are held at local facilities during School Vacation weeks and throughout the year. Check the Red Cross website for details. Sign up for classes soon!!

Lifeguard Training: minimum age 15. Must pass swim test. Total hours 28.5

WSI: minimum age 16 by course completion. Must pass swim test. Total hours 30

WACHUSETT SKI & RIDE - Middle and High School

Please see description in the Middle School section for this Friday evening program.

CHECK OUT THESE OFFERINGS FOR HIGH SCHOOL STUDENTS IN THE ADULT SECTION

Other adult classes may accept HS students with advance permission of the instructor. Contact the Rec. Office if interested.

BodyPump, BodyJam and BodyFlow: age 15+

Zumba: age 15+

NIA: age 15+

Beginner Hatha Yoga: age 15+

Tai Chi: age 16+

Bootcamp: age 15+

Cardio-Barre Blast: age 15+

Golf: age 16+

Archery: age 16+

Restorative Yoga: age 15+

Stand– Up Paddleboard: age 16+

Kayak: age 16+

Heartsaver CPR: age 15+

Friends and Family CPR: age 14+

Learn to Preserve the Harvest: age 15+

Handcrafted Soaps/Sugar Scrubs: age 16+

Charcoal and Pastel Studio class: age 15+

Just Earrings: age 13+

RECREATION EMPLOYMENT OPPORTUNITIES

- **PROGRAM AIDES- minimum age 14; paid position.**
- **YOUTH CENTER JUNIOR STAFF - high school junior or seniors; paid position.**
- **BASKETBALL REFEREES - paid position.**
- **BASKETBALL COACHES - paid position.**
- **SOCCER REFEREES - paid position, *minimum age 14.***

APPLICATIONS: Town of Bedford applications for work with the Recreation Department may be found online at: bedfordrecreation.org or may be picked up at the Recreation Office.

BEDFORD SOCCER LOOKING FOR REFEREES! : Great Part-Time Fun Job - Pays Well!

If you have ever thought of becoming a youth soccer referee in Bedford, now is the time to act. Go to <http://www.massref.net/becomeref.cfm> to sign-up for a referee course so you can ref in the spring season and beyond. If interested or if you have questions, contact Bob Goodman, Bedford BAYS Referee Assignor, at 781-275-2200 or goodmanreferee@yahoo.com.

BEDFORD RECREATION REGISTRATION FORM

Name:	Current Grade:	Sex:	D.O.B:	Home Phone:
Address:			Email:	
Cell Phone:			Work Phone:	
Cell Phone Provider:				
For minor participants: Mother's Name:	For minor participants: Father's Name:		For all participants: Emergency Contact Name:	
Work Phone:	Work Phone:		Phone:	
Cell Phone:	Cell Phone:		Relationship:	
Email:	Email:			
Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?				

Child's Soccer Shirt # if applicable: _____

Optional: Parent Volunteer to Coach/Chaperone? _____

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

Cash: _____ Check: _____ (Make checks payable to "Town of Bedford")

MC, VISA, AmEx, Discover #: _____ Exp Date _____

Authorized MC or VISA Signature _____

Are you applying for Financial Aid (please note application procedures in brochure)? _____

I, the undersigned (mother, father/legal guardian of _____, a minor, do hereby consent to his/her participation in the programs listed below, run by the Bedford Recreation Department and do forever **RELEASE**, acquit, discharge and covenant to hold harmless the Town of Bedford, and the Town of Bedford Recreation Department and any of it's employees, and agents from any and all kinds of action and claims, including but not limited to negligence, on account of or in anyway growing out of directly or indirectly all known and unknown personal injuries or property damage occurring while participating in any part of the program(s) listed below, wherever it occurs, which I may now or hereafter have as the minor has or hereafter may acquire, either before he/she has reached his/her majority resulting from his/her participation in the above Town of Bedford Recreation Department's program(s).

I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Date _____

Signature _____

(Parental if participant is under 18 years of age)

Additional forms @www.bedfordrecreation.org or photocopy.

BEDFORD RECREATION REGISTRATION FORM

Name:	Current Grade:	Sex:	D.O.B:	Home Phone:
Address:			Email:	
Cell Phone:			Work Phone:	
Cell Phone Provider:				
For minor participants: Mother's Name:	For minor participants: Father's Name:		For all participants: Emergency Contact Name:	
Work Phone:	Work Phone:		Phone:	
Cell Phone:	Cell Phone:		Relationship:	
Email:	Email:			
Do you or your minor child have specific health needs, allergies, physical limitations, medications or any special concerns?				

Child's Soccer Shirt # if applicable: _____

Optional: Parent Volunteer to Coach/Chaperone? _____

PROGRAM NAME	DAY	TIME	FEE
Optional Neighbors Donation			

Cash: _____ Check: _____ (Make checks payable to "Town of Bedford")

MC, VISA, AmEx, Discover #: _____ Exp Date _____

Authorized MC or VISA Signature _____

Are you applying for Financial Aid (please note application procedures in brochure)? _____

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I consent to the use of my minor child(ren)'s/my own name, picture and/or likeness in any broadcast, photographs, motion pictures, recordings, or other accounts of any program(s), operations, activities, projects, events or tours organized, operated and/or sponsored by the Town of Bedford, and the Town of Bedford Recreation Department and all of its employees and agents, unless I notify the Town of Bedford Recreation Department in writing that I withdraw my consent.

Date _____

Signature _____

(Parental if participant is under 18 years of age)

Additional forms @www.bedfordrecreation.org or photocopy.

**BEDFORD RECREATION DEPARTMENT
12 MUDGE WAY
BEDFORD MA 01730-2165**

Standard Mail
Postage Paid
Permit 42
Bedford MA 01730

**RESIDENTIAL
POSTAL CUSTOMER
BEDFORD MA 01730**

RECREATION DEPARTMENT

AMY HAMILTON, RECREATION DIRECTOR
NIKKI TAYLOR, PROGRAM COORDINATOR
RAEANN GEMBIS, ADULT COORDINATOR
NANCYCORMIER, KIDS' CLUB DIRECTOR
JANET HUMPHREY, ADMINISTRATIVE ASST.
LESLIE RINGUETTE, CLERK
KATHERINE FARRELL, KIDS' CLUB ADMN. ASS'T

RECREATION COMMISSION

RONALD RICHTER, CHAIRMAN
TARA CAPOBIANCO
TOM MULLIGAN
MIKE O'SHAUGHNESSEY
ROBIN STEELE



Bedford Recreation is on Facebook! Like our page to get periodic updates!